LEAP INTO SPRING

THE LAMBDA COMMUNITY CENTER

OFFERS:

A SERIES OF WORKSHOPS FOR SACRAMENTO'S GAY AND LESBIAN COMMUNITIES

SPRING SESSION - APRIL 3 - MAY 12, 1989

THESE WORKSHOPS ARE FREE, BUT DONATIONS ARE ALWAYS APPRECIATED. PARTICIPANTS ARE WELCOME TO JOIN AT ANY TIME DURING THE SIX WEEK SESSION FOR AN EVENING OF FUN, EDUCATION, INFORMATION AND RECREATION. ALL CLASSES WILL BE HELD AT THE LAMBDA COMMUNITY CENTER, LOCATED ON THE CORNERS OF:

20TH AND L STREET (1931 L STREET)

FOR ADDITION INFORMATION CALL BRUCE AT (1) 678-5140, **OR**
THE LAMBDA COMMUNITY CENTER AT **442-0185** , OR THE 24-HOUR NUMBER AT **447-5755.**

MONDAY

7:00 - 9:00 PM — **WOMEN'S RAP GROUP**

This rap group discusses specific topics of interest to women. It also holds monthly potlucks and other social events.

TUESDAY

6:30 - 8:00 PM — **CRUISING 101**

How are you spending your weekends? Doing Laundry? This class will present experts in their fields who will offer strategies and tactics for effective bar cruising. Areas to be covered include communication, self-image, dating, making safe-sex fun and opening lines. This course will include a practicum and graduation exercise at a local bar.

8:00 - 9:30 PM — **WRITER'S WORKSHOP**

This course will help the writer to explore particular writing interests whether it be poetry, novels, short stories, essays or journal writing. The class is open to people of all levels. Bring your writing to class and share with others for constructive feedback. The class will be structured around individual needs.

WEDNESDAY

6:30 - 8:00 PM — **COMING OUT GROUP - WOMEN**

We are all involved in the life process of coming out. This discussion group will offer women an opportunity to discuss the coming out process, whether it be coming out to one's self, family, friends, co-workers or employer. The group will offer a supportive atmosphere in which to explore these many coming out issues.

8:00 - 9:30 PM — **ACTING WORKSHOP**

Open to people of all acting abilities and experience. There will be discussions of different acting techniques and class work in improvisation, role playing, character development and scene work. This class will focus on the interests and needs of the participants.

THURSDAY

6:30 - 8:00 PM — **COMING OUT WORKSHOP - MEN**

This discussion will offer men an opportunity to discuss the coming out process, whether it be coming out to one's self, family, friends, co-workers or employer. The group will offer a supportive atmosphere in which to explore these many coming out issues.

8:00 - 9:30 PM — **MEDITATION / SELF-HEALING**

This workshop will offer an opportunity to explore different techniques of meditation, methods of stress reduction, deep relaxation and guided imagery of voice and sounds with everyone encouraged to share their own personal techniques with the group. Bring a blanket, cushion or pad. We will explore the power we have within each of us and the group force that creates a community of strength.

FRIDAY

5:00 - 6:30 PM — **UNDER 21 YOUTH GROUP**

This is a discussion/support and social group for gay and lesbian teenagers who are struggling with the problems of being a young gay man or lesbian in high school or the first years of college. All under 21 are welcome. Age limit enforced.

7:00 - 9:30 — **GAY AND LESBIAN FILM SERIES**

Six important gay/lesbian films will be shown in this series followed by a discussion of the film. Topics of discussion will include: How are gays/lesbians portrayed in the film? What significance did the film have in the gay/lesbian movement? What messages both shown and implied are offered in the film?

********** POPCORN WILL BE SERVED **********

UPCOMING EVENTS

May 1	Flowers: - An Echo of Art at the Sutter Galleria, Silent Auction Fund Raiser for the Stop AIDS Project and Lambda AIDS Programs. $5. donation.
May 21	AIDS WALKATHON
May 29	AIDS CANDLELIGHT VIGIL 8:30 pm on the Capitol Steps.
June 17	LAMBDA FREEDOM DAY FAIR - McKinley Park
June 25	SAN FRANCISCO GAY PRIDE PARADE
August 26	AIDS Foundation BOWLATHON

P. O. Box 163654
Sacramento, CA 95816-9654

Address Correction Requested

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